

Obesity Prevention in Early Care and Education

Early care and education settings, including child care centers, family and group child care homes and informal care, present tremendous opportunities to prevent obesity. Child care providers play an important role in keeping children healthy and helping them form healthy lifestyle habits early.

Program Goals

1. Promote self-assessment and action planning as an evidence-based approach to improving nutrition and physical activity in early care and education settings.
2. Build the capacity of [Great Start To Quality](#) Resource Centers, and other organizations which support early care and education providers and families, to implement facility-level interventions for obesity prevention.
3. To provide technical assistance and training to improve nutrition, increase physical activity and reduce screen-time.
4. To provide professional development opportunities for early care and education providers

For more information and for resources, click [HERE](#).

Proposed Model for the Expansion of Obesity Prevention in Early Learning & Development Utilizing NAP SACC

Proposed Program Actions

MDCH proposes to provide the following:

1. Mini-grants for Programs to implement NAP SACC in 2013.
2. Recruit Programs to implement NAP SACC based on GSTQ data provided by ECIC
3. Disburse grant funding to Programs selected to implement NAP SACC.
4. Regional NAP SACC Consultant training to GSTQ Resource Center staff and other agencies which support early learning and development programs and/or families.
5. Technical assistance to NAP SACC Consultants for intervention, implementation and evaluation.
6. Technical assistance to GSTQ Resource Center staff and early learning and development programs during the competitive Request for Applications process (RFA).
7. Content-area expertise to this collaboration in the areas of early childhood obesity prevention, nutrition and physical activity.

ECIC Role includes the following:

1. Provide GSTQ data to be used to identify quality Programs for participation in the project
2. Provide feedback on the development of the RFA
3. Post the RFA on our website and ask our partners to post on their websites
4. Participate on the review team to ensure programs meeting high quality and serving children with high needs are identified as NAPSACC grantee programs
5. Assist in securing locations and participants for statewide training to expand capacity of GSTQ Resource Center staff and other agencies which support Programs
6. Bring content-area expertise to this collaboration in the areas of early learning, health and social-emotional well-being of infants and young children.

NAP SACC Consultant (GSTQ Resource Center) Role includes the following:

1. Provide targeted technical assistance to Programs
2. Provide professional development opportunities to Program staff in obesity prevention, nutrition and physical activity.

Exception: Quality Improvement Consultants to support programs participating in Great Start to Quality with the identified need (related to nutrition and physical activity) however not act in the capacity of trainer or NAPSACC consultant